An Action Plan for Young Adults with Genital Herpes Infection Simplex Type 2 (HSV-2)

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# Action Plan 1

## Preventive Measures for HVS-2

As always, prevention is better than cure. With young adults being more at risk of contracting Genital Herpes (HVS-2), it is vital that they are made aware of the preventive measure they can take (Hover & Bertke, 2017). In this regard, safe sex is one of the primary means of prevention. Furthermore, if you have contracted genital herpes, the best thing for you is to practice complete sexual abstinence until the virus has gone dormant. Since there is no vaccination that can prevent HVS-2 that can cure it, practicing safe sex, or even no sex at times is the best bet. Additionally, using condoms is also another effective measure of preventing the transmission of HVS-2. It lessens the direct skin on skin contact and reduces transmission up to 96% (Hirschler, Hope, & Myers, 2015).

# Action Plan 2

## Sexual Health Education about HVS-2

Sexually active young adults are at a higher risk of contracting HVS-2 as compared to adults. This is because of their behavioral, as well as biological differences. According to Hover & Bertke (2017), a majority of young adults i.e. 65.1% had received little to no sex education. Among this group, only 14% of individuals had any information regarding herpes and the means of its spread. Thus, apart from ensuring that they are aware of the impacts of HSV-2, it is also important that they are given the resources to discuss their issues with a healthcare professional. Additionally, they should also have access to the means that can ensure their sexual health, since most HSV-2 remain asymptotic.

# Action Plan 3

## Removing Stigma from HVS-2

The mere notion of contracting STIs has the psychosocial effect of isolating a person, all because of the stigma society has attached to it. According to an estimate, most young adults obtained information on the subject through school sexual education classes. This is followed by the internet and their peers. Few individuals admitted to having sought help from a healthcare professional (Hirschler et al., 2015; Hover & Bertke, 2017). Thus, in order to remove the stigma associated with the disease, it is important that young adults and adolescents, especially those that are sexually active, is to educate them on the subject. Being familiar with a subject lessens the amount of shame associated with it, which ultimately lifts the stigma attached to it.

# References

Hirschler, C., Hope, A., & Myers, J. L. (2015). College students’ perceptions of and experiences with human papillomavirus and herpes: Implications for college sexual health education. *American Journal of Sexuality Education*, *10*(4), 298–315.

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